

Sample Camino Pack Lists

Sample List 1 From Adventures <http://www.caminoadventures.com/packing-list/>

- 2 pairs underwear
- Rain gear or poncho
- Fleece, it does get cold at night and the mornings can be chilly
- Sandals for evenings
- Pain-killers
- Sunscreen, a must
- Sunglasses
- Hat
- Toiletries – keep it very light, you can buy more as you go along
- Towel – get quick dry from outdoor store, they are also super light
- Mobile & charger
- Camera & charger
- Earplugs – too many people snore – loudly
- Small torch or use your phone
- Swiss army knife
- Needle and thread – when you get a blister this will help. Thread the needle and run through the blister, leave a bit of thread inside to drain the blister. – Ugh!
- Two pairs of shorts, one for night other for day. (zip able long trousers are good)
- 1 T-shirt – I love the technical ones, cotton is to be avoided
- 1 shirt (light weigh, quick drying)
- 2 pairs of socks
- Sleeping bag

For a more extensive list and discussion see this thread on the forum. The above is the minimum. Many take a little more, if you find you have too much you can forward your extra baggage to a post office further along or in Santiago de Compostela and collect it there, (the main post office in Santiago is – Lista de Correos, Travesia Fonseca s/n, 15780, Santiago de Compostela – the Post Office now only hold packages for 2 weeks). There are others things that I would also consider, a journal, Skype details, one novel (exchange when finished at hostels). The whole point of keeping your rucksack light is to make the journey more enjoyable, sore knees from carrying too much is common, and it is good to avoid any excess.

Please don't take your wallet stuffed with very important papers of any kind that you don't need. Most pilgrims are very helpful and very friendly, but I had one wallet stolen, no money thankfully, but credit cards and bankcards, a pain and a rare case, but be aware. In this case I was able to have my credit card company have money at a bank for me to collect. It meant I could continue with my Camino, good people.

Sample List 2 Global Gabe www.globalgabetravel.com

Remember Your Goal Is a Pack That Weighs Less Than 10% of Your Body Weight

CLOTHES

- 3 pairs of socks (preferably wool hiking socks)
- 3 pairs of underwear
- shower sandals
- convertible pants (the type you can zip off the bottoms to become shorts)
- neck scarf or bandana (to keep the sun off your neck)
- hiking boots or shoes (we recommend trail running shoes which help prevent blisters)
- gym shorts or yoga pants (something you can wear while your laundry dries)
- sunglasses
- rain jacket
- big hat (a straw hat works well to shade your entire face and ears)
- 1 long sleeve shirt (for those chilly mornings)
- 2 t-shirts

GEAR

- plug adapter/converter
- dry sack for camera
- digital camera
- quick dry light weight travel towel
- light weight sleeping bag (during summer months opt for a travel sheet instead)
- rain cover for your backpack
- headlamp

OTHER

- blister kit
- earplugs
- your Camino de Santiago shell
- sunscreen
- toiletries (toothpaste, floss, deodorant etc...)
- small Ziploc bag of powdered laundry detergent
- 6 clothes pins
- journal for your thoughts
- guidebook

Sample List 3 Jan & Harry *Goal is for weight you are carrying – pockets, backpack and contents to less than 10% of body weight*

CLOTHING & /EQUIPMENT FOR EL NORTE CAMINO JOURNEY

*Depending on time of year more or less clothing for warmth/sun protection

*Additional items may be needed if staying primarily in albergues

*Only need small quantities of toiletries, can buy easily along the way.

IMPORTANT PAPERS & etc valuables to keep in shirt or pants pocket

- Passport
- Euros
- Driver's License?
- Credit cards
- Wristwatch
- iPhone/Smart phone
- Camino Credential
- Journal
- Pen/pencil
- Spanish Dictionary
- Sunglasses
- Pages from Guide Book
- Lip Balm
- Extra file folders for papers (keep in backpack)
 - Airplane Tickets
 - Itinerary
 - Accommodation/other reservation information
 - Important phone numbers

BACKPACK CONTENTS

- Spanish plug adaptor with fuse & extra adaptor
- small absorbent hiking towels
- silk sleeping sacks
- backpack
- lightweight post-hike shoes
- Swiss Army knife
- walking poles, rubber tips
- hiking boots
- camera, extra battery & charger, & 2 extra 2 GB chips)
- iPhone charger
- long pants (2 or 1)
- short pants (2 or 1)
- long-sleeve hiking shirts (2 or 1)

- long sleeve T-shirt (2 or 1)
- short sleeve T-shirt – sleeveless for Jan?
- light weight bathing suit
- 2 pair thick socks
- 2 pair sock liners
- 2 underwear
- neck sleeve
- gloves
- polar fleece/knit hat
- rain jacket and or rain poncho
- gaiters
- Polar Fleece pullover - GTX-100
- baseball hat
- handkerchief/bandana
- nylon bags various sizes – toiletries and other
- extra eye glasses

TOILETRIES

- New Skin liquid bandage, Moleskin,
- Compeed (Buy in Spain)
- Band-Aids
- Emery board
- Skin cream/body lotion
- Shampoo/conditioner
- Sunscreen (SPF 55)
- Toothbrush, toothpaste, dental floss
- Q-tips
- Tweezers
- Hair clips & scrunchies
- Nail clipper
- Ziploc-type bags, various sizes
- Meds as necessary
- Face scrub & moisturizer
- Razors & blades
- Aspirin or Advil